



**EASY MONEY WEEKDAYS**  
@ 8:13, 12:13 & 4:13

## Icy weather may cause headaches

**WINTER** Nova Scotia could face serious damage today from freezing rain and ice pellets, according to Environment Canada.

A trough of low pressure moved through the Maritimes over the weekend, bringing a cold air mass with it. The trough was expected to move back inland today, creating an extensive area of freezing rain and ice pellets.

Including yesterday, up to 12 hours of freezing rain overall in Halifax is possible. The worst is expected to be in the Valley and northern Nova Scotia, where long-lasting infrastructure and tree damage is possible.

METRO HALIFAX

## Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Canada  
Cities are seeing a decrease when it comes to their recycling programs, pg 4

• Comment  
Anne Hines offers a lesson in recession etiquette, pg 5

• Tomorrow  
Health – Inexpensive fitness options that won't make you break an economic sweat, and Josey Vogels tells you what the economic slump means for on-line dating.



## Championship Hoop emotion



The Cape Breton Capers celebrate their victory in the AUS women's basketball championship final over Brianna Orr, right, and the Dalhousie Tigers yesterday at the Dalplex in Halifax. The Capers beat the Tigers 80-75. Story, pg 9.

# Violence blip persists

JENNIFER TAPLIN  
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### A stabbing over the weekend continued the "blip" of violence from last week.

In the last two weeks there were three shootings in HRM — including a murder — and a stabbing. Then early Saturday morning, a 41-year-old man was stabbed at Terry's Place bar on Sackville Drive.

It appears an off-duty doorman noticed two men who were in the bar earlier lurking in the parking lot. He asked them to leave and

that's when the two men started swinging. The victim was stabbed in the forehead and the back. He was taken to the hospital with non-life-threatening injuries. The suspects ran off.

Mayor Peter Kelly, who launched his roundtable on violence in 2006, responded to last week's shootings: Terry Marriott Jr., 34, was shot and killed Feb. 20, and a 27-year-old man shot in the arm during a home invasion two days later. A 22-year-old victim, identified by people at the scene as Ryan Jessop, was shot in the chest Feb. 24.

Then Feb. 25, a 15-year-

**"It's a bit of a blip and we know these irresponsible individuals who feel the need to go out and shoot and stab have their own agenda."**

Mayor Peter Kelly

old boy was stabbed in the chest in Armdale.

"It's a bit of a blip and we know these irresponsible individuals who feel the need to go out and shoot and stab have their own agenda. They have to understand it is not the agenda of the general public and they don't want this to be going on in their communities," Kelly said. "We'll deal with them to

the full extent of the law with all the resources available."

He said he also has hope for new legislation tabled in Parliament last week that would make gang killings first-degree murders with an automatic life sentence.

"Hopefully they can be utilized not only out west, but here and elsewhere in the country," Kelly said.

## Barber takes Chances and wins ECMAs

PHILIP CROUCHER  
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**MUSIC** Former Halifax resident Jill Barber walked away with two wins at the East Coast Music Awards last night at the Pepsi Centre in Corner Brook, N.L.

Barber, who spent six years living in the city before relocating to Vancouver last fall, won for Jazz Recording of the Year and Female Solo Recording of the Year for her 2008 album Chances. Barber, who was nominated for four awards, joined Cape Breton's Gordie Sampson and New Brunswick's Matt Anderson as double-award winners.



Barber

Sampson, who was nominated for five awards, captured Single of the Year and Songwriter of the Year for We Are Young And So Is The Night.

Anderson won for Male Solo Recording of the Year and Blues Recording of the Year.

The big winners of the evening were Newfoundland's own Hey Rosetta!, which walked away with three trophies, including Group Recording of the Year and Recording of the Year.

Other Halifax victories included Joel Plaskett Emergency for Entertainer of the Year, Christina Martin for Pop Recording of the Year and David Myles for Folk Recording of the Year.

To view the complete list of winners, visit [www.ecma.com](http://www.ecma.com).

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Sing and dance your way to Neptune's Pep Squad  
There are open auditions taking place Thursday from 6 to 10 p.m. at Neptune Theatre for the Neptune Theatre Pep Squad, a new training program that focuses on singing and dancing. Successful candidates to the squad will be under the instruction of Disney High School Musical director David Connolly. **METRO HALIFAX**

# Local



## Don't listen to those doggone rumours

HRM Coun. Sue Uteck is putting the squash on the "urban legend" that the rules for dogs in Point Pleasant Park will change on April 1. A release on Friday from the city said Uteck has been receiving complaints from the public about the rumour and she wanted to dispel it. It added the signs at Point Pleasant Park indicate where dogs are permitted off-leash and where they are not. **METRO HALIFAX**

# Ignatieff high on early child learning

PAUL MCLEOD  
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**Federal Liberal Leader Michael Ignatieff was in Halifax yesterday to declare early child learning as "the most important social priority of an incoming Liberal government."**

Ignatieff and Dartmouth-Cole Harbour MP Michael Savage met with child-care advocates at Peter Green Hall Children's Centre to discuss a national child-care program.

"It's the most important thing we can do for Canadian children," Ignatieff said.

"I think Canadians are generous and compassionate people. And they understand when we stand equally, when we give everybody an equal start, we do better as a country."

Ignatieff said a national early learning and child-care strategy would be a stimulus to social infrastructure. He said the program would take a "sub-



Federal Liberal Leader Michael Ignatieff speaks yesterday with reporters at the Peter Green Hall Children's Centre.

stantial investment," but Liberals would build the spaces and pay for the op-

erating costs. "Nothing distinguishes our party from the Con-

servatives more clearly than this," he said. "They are giving families the

\$1,200. Everybody is saying in the field that this does not buy quality child care."

Ignatieff was also in town for the Nova Scotia Liberal Party's Annual General Meeting. At the meeting, he announced he would reverse a decision by his predecessor Stéphane Dion not to run a candidate against Green party Leader Elizabeth May. May finished second in the last election to Defence Minister Peter MacKay in the Central Nova riding. Ignatieff said the Liberals will run a candidate in that riding in the next election.

"I'm honoured to run a national party. And a national party runs 308 candidates in every riding in the country without exception," he said.

When asked by reporters if that meant the Liberals were not a national party in the last election, Ignatieff said he wasn't going to go backwards, but was instead looking forward to next time.

## News in brief

**KNIFE** A man allegedly pulled out a knife on a special constable in the lobby of the Gortong Street police headquarters Saturday night. He allegedly said he "wanted to hurt a cop." He was subdued and taken to hospital for a mental assessment. He will be charged with assault with a weapon and possessing a dangerous weapon.

**ALARMED** Two would-be robbers were scared off by an alarm at the Needs store on Astral Drive early Saturday. At around 3:45 a.m., two suspects tried to cut the store's phone line, setting off the alarm. They left in a two-door red car.

**HANDGUN** The man wanted for allegedly pulling out a handgun turned himself in to police on Friday. RCMP responded to a call firearms were pulled out in a large crowd in North Preston at 3 p.m. Thursday around Johnston Road and Clearance Street. Officers identified a 21-year-old suspect. He was scheduled to appear in Dartmouth Court on Friday facing weapons charges.

**RIFLE** A 17-year-old boy was charged after a police search turned up drugs and a gun on Thursday night. Police searched an Albrow Lake Road apartment and found a rifle, ammunition, a bullet-proof vest and marijuana.

**DRUGS** Ecstasy, crack cocaine and cannabis were seized from a Spryfield residence Thursday. Police found 10,000 ecstasy tablets at the Lynette Road address. A 31-year-old Spryfield man was arrested and charged with trafficking. **METRO HALIFAX**

## Kids get hands-on with reptiles

JENNIFER TAPLIN  
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A three-legged, 150-pound alligator stole the show at Exhibition Park this weekend.

"There's no blood in the (missing) leg area so it feels all squishy and on her back is spikey with all the scales," said Ryan Baker, 10, who was one of the lucky kids who got to pet Lady-Chomps-A-Lot yesterday.

Little Ray's Reptile Zoo from Ottawa was in town on the weekend attracting hundreds to see roaming turtles, 200-pound pythons, and of course, Ms. Chomps-A-Lot. She lost her leg in an alligator fight.

So was it scary petting an alligator?

"No," Baker said. "I love animals."

Nine-year-old Bradley Goguen said the alligator felt "rough and weird" and that snakes were his favourite animal there.

"Because they move and feel weird. They're cool."

It was definitely a kid-friendly event, although many adults seemed just as curious — but not as brave.



Kevin Orr holds Lady-Chomps-A-Lot so kids can get a closer look yesterday at Little Ray's Reptile Zoo at Exhibition Park.

Doing his best to imitate a tree for a 40-pound yellow anaconda, handler Sylvain Clairoux said it's been his experience that kids are braver than adults when it comes to petting snakes.

"Kids are usually really good," he said. "The adults really get frightened because they've heard all these stories about snakes and they really don't want (to) touch it."

Part of the work they do is bust the snakes-are-scary myth, he added.

"A lot of adults touching snakes for the first time find that they're not slimy, cold and ugly," Clairoux said. "A lot of people are going home reducing their fears of snakes."

As for the anaconda, he was cool hanging out.

"He's been doing this for a long time so he's really used to having people around touching him. Obviously we're not going to touch him around the face, but he just basically wraps around me like I was a tree."

## N.S. students improve writing: Assessments

**EDUCATION** Results from the 2008 provincial literacy assessments are out showing mostly broad improvement in every school board. Students in Grades 3, 6 and 9 were tested.

Some of the biggest improvements include Grade 3 English students: 81 per cent of them met expectations in narrative writing. In 2007, that number was 62 per cent.

But fewer junior high students met reading expectations last year. In 2008, 85 per cent met expectations, down slightly from 87 per

cent in 2007. Writing proficiency in the junior high category edged up a bit: 92 per cent up from 90 per cent.

"These assessments give us a valuable provincewide picture of student achievement," said Education Minister Judy Stretch. "The more information we have on student achievement, the better we can support student learning."

Junior high students get about an hour of language arts a day, and elementary students get a minimum 90 minutes a day.

JENNIFER TAPLIN/METRO HALIFAX

## Teen gets 3 years for stabbings

**COURT** A 17-year-old male was handed a three-year sentence for stabbing two security guards at a dance at the Halifax Forum in the summer of 2007.

The male, who was 16 at the time of the incident, was high on valium and alcohol when he pulled out a knife and attacked four security guards, two of whom were stabbed.

The Crown was pushing for an adult sentence of 10 years, but on Friday the judge opted to hand out the maximum youth sentence and not give credit for time served.

The teenager pleaded guilty to attempted murder and aggravated assault at a previous court appearance.

PHILIP CROUCHER/METRO HALIFAX

metronews.ca

What's online today.

**Video** Investors brace for another gloomy week amid rumours of U.S. bank nationalizations and sharp job losses at [metronews.ca/canada](http://metronews.ca/canada)  
**Video** Environment Canada cautions to not put away the winter clothes just yet at [metronews.ca/canada](http://metronews.ca/canada)  
**Blogs** Kenya Hunt reports from Milan Fashion Week, where boots are reaching for the thigh.

## Lotteries

Friday, Feb. 27

Lotto Super 7: 4, 19, 24, 25, 27, 33 & 34. Bonus 32.

Saturday, Feb. 28

Lotto 6/49: 2, 8, 26, 46, 48 & 49. Bonus 34.

These results are not official.



**Municipalities get funds to update infrastructure**

Annapolis Royal, Middleton and Kingston will receive more than \$5 million in funding to help improve drinking water and wastewater treatment systems. The investment from all three levels of government was announced Friday and includes a new wastewater treatment facility in Middleton. **METRO HALIFAX**

# RCMP bring good reading to students

**JON TATTRIE**  
for Metro Halifax

**The opposite ends of the age spectrum gathered for a good read at the Bell Park Academy Centre last week as part of an RCMP program in East Preston.**

On Friday afternoon, the East Preston Senior Ladies stopped by the primary school to visit pupils. The kids read to the seniors from books donated by the RCMP and the seniors returned the favour by telling the students stories from their own lives.

Freda Sutherland looked through the Ultimate African Heritage Quiz Book with a group of youngsters. The book, written by RCMP Cpl. Craig

Smith, explores African-Nova Scotian history through trivia. Sutherland knew many of the people featured.

"It's great when I get time to read. There are some great things in here," Sutherland said, referring to the quiz book.

She explained the ladies gather up to twice a month and look forward to adding the readings to their activities.

"I love young children," the former daycare worker said.

"I like it," said 12-year-old Lamont Brooks. He didn't know any of the ladies before the reading, but quickly discovered he was related to Sutherland.

Asked what his favourite book is, he named a story about racism.

"My favourite book ... hmm, I'm thinking about all the books I've read. The Skin I'm In."

Const. Kelly Lower of the RCMP said they had donated

copies of the quiz book and Up Home, written by Preston's Shauntay Grant and illustrated by Susan Tooke.

"It looks pretty good," she smiled as young voices worked through the text. "I think the seniors are enjoying it. When they see some of the kids they know, I love that."

Lower said it's a pilot program now and could one day become a regular event.

**"I think the seniors are enjoying it."**

Const. Kelly Lower



Freda Sutherland and Lament Brooks read together at Bell Park Academy Centre on Friday as part of an RCMP program in East Preston.

## Teen first coaster to carry 2010 torch

**JON TATTRIE**  
for Metro Halifax

The Olympic torch passed through Halifax as the Vancouver 2010 organizing team named the first Nova Scotian who will carry the famous flame on its cross-Canada journey next year.

Katie Willoughby, a 14-year-old from Port Williams, got the nod earlier this week.

The Horton High student bolstered her chances by setting a goal of 375 minutes of physical activity a week.

"I was very excited," she said.

Willoughby is likely to carry the torch for 400 metres near her Valley home. She lists volleyball and soccer as her favourite sports, but said she likes winter activities, too.

"I usually watch the Summer Olympics, but I downhill ski, too," she said.

Willoughby posed for photos with the torch and chatted with kids at the "Carry the Flame" RV parked outside the YMCA on South Park Street. The truck has a display of torches from all of the modern Olympics and a game allowing people to



Katie Willoughby holds the Olympic torch for the 2010 Olympics in Vancouver outside the Halifax YMCA Friday afternoon.

go for a winter run. They also set up a street hockey zone next to the Y.

Kirsten Milhailides of the Olympic Project Team emphasized that anyone can apply to carry the torch by going to Sogoactive.com.

In all, 12,000 people will hoist the torch, with 1,000 coming from the Sogo Active program Willoughby came through.

"We want to let Canadians know that anyone can

do it. Some people say, 'Oh, I could never do it.' But absolutely you can," Milhailides said. "Just be a little bit more active, be a little bit more green."

After arriving from Olympia, Greece, the torch will travel 45,000 kilometers across Canada over 100 days next fall, travelling from coast to coast to coast. It will start the Games by lighting the Olympic flame in BC Place on Feb. 12, 2010.

## New legislation won't help with gas theft: Owner

**AMHERST** Those responsible for selling gasoline aren't so sure possible new legislation will solve the problem of gas and dash thefts.

Ken Estabrooks, who manages the Co-op Gas Bar in Amherst, said motorists would have to come into the store and guess

how much gas it's going to take to fill up their vehicle.

"What if they go over? It creates another set of problems," he said.

Last week, NDP MLA Charlie Parker suggested consumers should have to pay before they pump.

Parker suggested legislation would protect retail workers and help retailers, some of whom are losing hundreds, if not thousands, of dollars because of motorists who gas up their vehicles and then drive away without paying. **AMHERST DAILY NEWS**

### News in brief

**HOUSING** The Department of Community Services will pay a \$10,000 fine after pleading guilty to a count under the Occupational Health and Safety Act stemming from the discovery of asbestos in insulation in public housing units in Sydney

almost three years ago. Part of the amount will go toward funding an educational presentation prepared in conjunction with officers from the Occupational Health and Safety Division of the Department of Labour. That presentation will

be directed at others who may find themselves in similar circumstances in the workplace. The department entered the plea during a court appearance Friday. The Crown is to prepare and draft the order and file it to the court. **CAPE BRETON POST**

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# Canada/World

## Afghanistan unwinnable: PM

**WAR** Prime Minister Stephen Harper said yesterday the insurgency in Afghanistan cannot be defeated and Canada would not provide more troops without a clear exit strategy.

Harper said in a CNN interview that Afghanistan needs an indigenous government that can manage the insurgency and is not perceived as foreign-installed.

"We are not going to win this war just by staying,"

### Canada's mission

- Canada has about 2,700 soldiers based in Kandahar in southern Afghanistan as part of the NATO mission. The Canadian mission is due to end in 2011. More than 100 Canadian soldiers have been killed in the conflict.

Harper said. "My own judgment is, quite frankly, that we are not going to ever defeat the insurgency."

"We have to have an

Afghan government that is capable of managing that insurgency and improving its own governance," he said on the CNN program Fareed Zakaria GPS.

U.S.-led forces toppled the Islamist Taliban government in 2001 for harboring the al-Qaida network responsible for the Sept. 11 attacks against the United States.

But a Taliban insurgency has steadily gained ground in the last few years.

**REUTERS**

## Scientists make gains in cell research

**SCIENCE** Researchers from Canada and Britain said yesterday they had found a safer way to transform ordinary skin cells into powerful stem cells in a move that could eventually remove the need to use human embryos.

It is the first time that scientists have turned skin cells into induced pluripotent stem cells or iPS cells — which look and act like embryonic stem cells — without having to use viruses in the process.

The new method also allows for genes that are inserted to trigger cell reprogramming to be removed afterwards. Stem cells are the body's master cells, producing all the body's tissues and organs. **REUTERS**



Scientist Dr. Andras Nagy of Mount Sinai hospital led a Toronto study in conjunction with a British team that was part of a breakthrough in stem cell research.

### News in brief

**TASER INQUIRY** The RCMP constable who fired a Taser at Robert Dziekanski, who died on the floor of Vancouver's airport in 2007, is set to give his version of events today. Const. Kwesi Millington is scheduled to begin testimony at the inquiry into Dziekanski's death.

**IMMIGRATION** A scathing Federal Court verdict calls a visa officer in Pakistan close-minded and incompetent for stopping a Toronto woman's organization from bringing a widow and her three children here from Kabul.

**COURTS** Ontario courts have a duty to accommodate religious beliefs, and that means a Toronto woman who wants to testify while wearing a veil must be allowed to do so, the Ontario Human Rights Commission says. **TORSTAR NEWS SERVICE**

## City recycling programs feeling economic pinch

### Riding the Recession

TRACEY TONG  
Metro Canada

**SERVICES** In a recession, there are lots of differences people will notice. But the effect of changing economic times on a city's recycling program is not one of them.

But while residents won't see a change to recycling programs, cities across Canada will notice a difference, said Albert Shames, director of solid waste services for the City of Ottawa.

"The issue for us and for all cities is the reduction in revenue for recyclables,"

Shames said.

Ottawa collects recyclable materials with proceeds to go towards running the recycling program. During a recession, these items go for less money on a world-wide market, Shames said.

In Toronto, the city's monthly recycling revenue for the sale or curbside materials is about \$1 million to date in 2009. In 2007 and 2008, the monthly revenue was roughly \$2 million.

Chris Underwood, a solid waste management engineer with the City of Vancouver, said he's also seeing a drop in revenue.

"Based on what I know about the economy, the outlook doesn't look very good for the rest of the year but it's unknown."

## Mutineers to be tried

At least 80 dead after uprising in Bangladesh

**Special tribunals will try Bangladeshi paramilitary mutineers who killed at least 80 people, mostly army officers, in an uprising last week, government and military officials said yesterday.**

More than 70 potential victims are still missing after the mutiny by members of the Bangladesh Rifles (BDR) border guards, which broke out on Wednesday, officials said.

The bodies of officers, and some family members, have been found in mass graves within the BDR compound in Dhaka and in sewers and canals. The

**"We will punish the killers and their mentors after a proper investigation and fair trial."**

Prime Minister Sheikh Hasina

mutiny, over pay and command structure, spread to about a dozen smaller towns across Bangladesh.

Witnesses said about 1,000 BDR troops who had fled their headquarters after the two-day mutiny had returned and were having their identities checked.

But thousands remain at large, police said.

Prime Minister Sheikh Hasina told parliament yesterday she had ordered police, the army and the elite Rapid Action Battalion to fan out across the country to capture mutineers, and seize any weapons they had.

Police said they had identified up to 1,000 BDR members as suspects, and some could be charged with murder.

"We will punish the killers and their mentors after a proper investigation and fair trial," Hasina said yesterday. **REUTERS**

### Armenia Calls for an election



Opposition supporters shout slogans during a rally in central Yerevan yesterday. At least 10,000 anti-government protesters in Armenia yesterday demanded early elections to mark one year since deadly clashes between police and opposition activists in the former Soviet republic.

## Pro-Kremlin party claims wide support

**ELECTION** Russia's ruling party, facing its first major electoral test amidst the economic crisis, claimed strong support in local elections yesterday but the opposition Communists and nationalists complained of cheating.

Few official results were available yesterday but United Russia chairman Boris Gryzlov told local media his party "was showing high results" in all nine regions holding elections for regional and municipal legislatures.

Opposition parties denounced the Kremlin for what they said was an unusually high level of dirty tricks in the campaign preceding yesterday's polls, when 20 million Russians were eligible to vote.

**REUTERS**

## Experimental bird flu vaccine made

**HEALTH** Scientists in Hong Kong and the United States have developed an experimental H5N1 bird flu vaccine for people by piggybacking it on the well-tested and highly successful smallpox vaccine.

Initial tests on mice showed the vaccine to be highly effective, they told a news conference in Hong Kong yesterday.

**REUTERS**

## Mexico's drug war spills to U.S.

**VIOLENCE** Authorities are fearing that violent crime is beginning to bleed over into the United States from Mexico, where drug cartel abductions and executions are a daily feature of a raging drug war that claimed 6,000 lives last year.

Execution-style murders, violent home invasions and a spiralling kidnaper rate in Phoenix — where police reported an average

of one abduction a day last year linked to Mexican crime — have all been observed.

Taking action, Washington has stepped up its support, pledging to give Mexico helicopters, surveillance aircraft, inspection equipment and police training under a \$1.4-billion US plan to beat the cartels.

**REUTERS**

### News in brief

**MIDDLE EAST** U.S. Secretary of State Hillary Clinton arrived in the Middle East yesterday, delving into Israeli-Palestinian peacemaking for the first time

at an international donors conference for Gaza. The United States is expected to pledge more than \$900 million US.

**REUTERS**



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# Comment & Views

## Comment

# Good manners matter

Keeping up with the latest in proper recession etiquette

## HineSight

Anne Hines

metronews.ca/hinesight

Even in these times of financial restraint, there are still some things we don't have to do without. I don't mean having fun or believing the reason corporate CEOs make millions a year is because they know what they're doing. That's all over. What we still have, even when the world is going to hell in a handbag — and definitely not a Prada — is the chance to behave like civilized human beings.

Good manners matter.

They're what separate us from the animals. That, and being able to get credit cards. But keeping up on the newest recession etiquette can be a challenge. How many of us lately have lain awake the night before an important dinner party wondering, "Which fork do I provide for the Spam course?" or "Is it rude to use the phrase 'disposable income?'"

Help is at hand. Here's answers to your most commonly asked recession-etiquette questions:

Dear Anne: I'm having dinner with a former wine snob who has fallen on hard times. What should I say?

Answer: "What interesting wine. 2008 was certainly an excellent year for grapes in Moosanee." Or "It's wonderful how you're trying to conserve cork trees by buying wine in those big plastic jugs."

Dear Anne: I have a vacation planned at an expensive hotel. Is there some way I can get out of tipping the maid?

A: Sleep on the floor and shower in the lobby fountain.

Dear Anne: My fiancé thinks we should scale down the lavish wedding I planned before the economy tanked, but I say, "You only get married once ... or two or three times, tops." Is there a way to throw a low-cost reception

that will still have our guests talking?

A: Pass out KFC snack packs in the church parking lot. Believe me, they'll talk.

Dear Anne: I'm starting my first job and the dress code is "no jeans." I can't afford new clothes. What should I do?

A: This is your chance to be both creative and a stand out. Go through your closet and review what clothes fit this code. For instance, "no jeans" does not mean no leftover prom dress, wet suit or long underwear.

Having good manners will help us weather this recession with élan. And, what's even better? They're absolutely free.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



## Views

# Getting there in a sustainable fashion

## CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

What is sustainable transportation?

Sustainable transportation refers to active modes of travel such as cycling, walking, skateboarding and shared transport like transit, carpooling and shuttles. The active modes have a number of benefits like improved fitness, economic savings and reducing harmful emissions.

I am a year-round cyclist and find some routes better than others. Halifax Regional Municipality (HRM) recently released a new bike map with potential routes and resources. Bike-safety

**You might not be able to go whole hog, but every bit can help. It could also be a new adventure.**

programs like CanBike courses are offered to help cyclists build confidence and skills.

Groups such as the Halifax Cycling Coalition and Bike Nova Scotia also provide forums for discussing future programs and infrastructure needed to promote cycling.

Interested in walking? There are a number of walking groups in the city. One that targets schools is called the Active & Safe Routes to School.

In Nova Scotia, the Ecology Action Centre delivers a program that promotes the use of active transportation for the daily trip to school. The Heart and Stroke Foundation of Nova Scotia promotes the Walkabout pro-

gram. Its website provides a number of resources including walking routes and blogs. One of the many reasons to walk — it is a stress reliever.

Shared transport helps reduce air quality and climate-changing emissions as compared to single-person vehicle travel.

In HRM, Metro Transit provides transit services and is, until March 6, conducting a survey asking for feedback. The municipality has also recently launched a web-based ride-matching service at hrmsmarttrip.ca. As well, a new Car Share business has been launched. Check it out at carsharehfx.ca.

Shared transport is also an option in outlying areas,

with service options including van shuttles like Green Rider, Acadian Bus lines, Airport Bus shuttle and Sunshine Share-A-Cab.

The Halifax Regional Airport Authority has produced a page of shuttle listings titled Airport Shuttle Bus Schedule at their website under Traveler Information and then Bus Service. These shuttles also connect the HRM directly to other Maritime destinations.

Want to take the train? Via Rail provides train service to locations like New Brunswick and Quebec.

There are many options to try out with regards to sustainable transportation. You might not be able to go whole hog, but every bit can help. It could also be a new adventure.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

## IRAQ EXIT STRATEGY:



MICHAEL DE ADDER

## Worth mentioning

# Success story with a twist

**HEALTH** Cody was dying of lymphoma and would probably not have made it to his eighth birthday had his family not taken him to one of the only hospitals that offers the bone marrow transplant he needed. Two weeks after being admitted, Cody's doctors say the procedure was a success. He is hopefully cancer-free for the rest of his life. It's a success story with a twist — Cody is a Golden Retriever.

Dr. Steven Suter, an assistant professor of oncology at the College of Veterinary Medicine at North Carolina State University, took a well established protocol for humans and applied it to dogs.

Suter says lymphoma is one of the most common cancers in dogs and while chemotherapy

will extend a dog's life for a couple of years, in the end 98 per cent of patients succumb to the cancer.

His answer: Cure the dog using the same methods that would be applied to a human with lymphoma.

The procedure involves a leukopheresis machine, a system designed to harvest stem cells from the patient's blood, in conjunction with a drug therapy that helps extract stem cells from bone marrow.

A bone marrow transplant for a dog costs \$15,000.

Suter explains that the cost is high because the drugs and protocols used are the same as in humans, but he argues that compared to other options, it may well be the best one.

REUTERS

## Metro Online Poll Results

25% SAID YES

**Will tougher laws be enough to reduce gang crime?**

Weigh in on today's question at metronews.ca

75% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



Jimmy Fallon is taking over for Conan O'Brien as Late Night host tonight — and his new studio digs are going to be as green as possible. "Everything is recycled," he recently told The New York Post. "We are building everything with recycled metals and using all-green lighting." **METRO NEWS SERVICES**

**Eco-friendly studio for Jimmy Fallon**

# Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Cut down on junk mail

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TORSTAR NEWS SERVICE

# The cost of using road salt

EarthTones

**Sophia Dore & Andrew Laursen**



earthtones.metro@gmail.com

ate winter is a dirty time of year in Canada. The snow is dirty, the roads are dirty and winter coats, boots and especially cars have a white film on them from the road salt.

We have used a lot of it this winter to keep us safe while driving and walking. However, eventually much of the salt we have been dumping on the roads and sidewalks will be washed into waterways. Other salt that is entrained in snowbanks will end up in soil by the sides of roads.

Salt in surface water can cause toxic effects to spawning or hatching fish, and can cause metals to become dissolved in water, which can have further toxic effects. Drinking water quality, whether from surface water or groundwater, can also be impacted. Salt washed into soil doesn't go anywhere and accumulates year after year, destroying soil structure and causing fewer plants to



A front-end loader carries a load of salt to a waiting truck in Toronto. Our Earth Tones columnists say it's time to find other alternatives to cheap rock salt during the winter.

grow in this soil and erosion to increase.

Salt by the side of roads lures animals to these "salt licks," which increases the likelihood that these animals will be hit by a car.

Now, don't get us wrong: de-icing is necessary. A city can shut down for the odd severe snowstorm, but all activities cannot cease when we get a few centimetres of snow. There are, however, de-icing alternatives that should be considered for our roads.

The most commonly used road salt is rock salt, or sodium chloride, which is also the chemical that forms table salt. Alternatives to sodium chloride include magnesium chloride and calcium magnesium acetate. Magnesium chloride could cause less vegetation damage and less solubilization of metals in water than sodium chloride. It works at lower temperatures than rock salt and is commonly used in combination with rock salt when

it gets very cold. It is, however, about seven times more expensive than rock salt.

Calcium magnesium acetate has much fewer toxic effects than rock salt and is, to some extent, biodegradable. The calcium and magnesium would remain in soil but the acetate would degrade. Using this alternative would avoid toxicity caused by chloride ions. It could be spread in much the same way as rock salt although because of its par-

ticle size, it may be more likely to blow around. It does, however, take longer to melt ice than rock salt does and is roughly 20 times more expensive.

Various de-icing techniques can also reduce salt use. Anti-icing, or the pre-emptive spreading of salt before a snowfall, can result in the requirement for less salt per unit of road surface. Pre-wetting the salt, i.e., spraying on the roads as a solution rather than as a powder also results in the use of less salt. Sanding is another option, although it comes with its own set of environmental issues, and probably can't be used as the sole de-icer without a severe impact to the way we travel in the winter.

When it comes to keeping our roads safe in the winter without doing further harm to the environment the truth must be faced. We are going to need to pay more for de-icing. The use of cheap rock salt is going to have to be drastically reduced and one or more of these more expensive alternatives is going to have to be phased in. We cannot keep trading short-term cost for long-term cost.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.



**SMALL STEPS**  
David Suzuki

Turning your life green

## Taking a bus can reduce pollutants

**TRANSPORTATION** If you drive to work, try riding the bus once this week.

A single bus takes 40 vehicles off the road during rush hour, saves 70,000 litres of fuel and reduces air pollutants by nine tonnes a year.

Carpooling is another environmentally-friendly option. Find a carpooling partner and make a new friend.

For more information, see [www.carpooltool.com/en/my/](http://www.carpooltool.com/en/my/).

DAVID SUZUKI FOUNDATION

## News in brief

**EMISSIONS** The United States should take the lead in reducing carbon emissions to be able to enlist China in the global campaign to curb global warming, an expert told an annual USDA conference Friday. The United States and China, the world's top two emitters of greenhouse gases from burning fossil fuels stoking global warming, have often been icy rivals over trade and security.

**WATER** Institutional investors are urging companies to measure, disclose and reduce their use of water to reduce long-term financial risks as supplies dry up from overuse and as higher temperatures melt glaciers away. "Companies need to be analyzing their water risk ... and to find ways to conserve water and minimize the opportunities for literally having their business shut down," said Mindy Lubber, the president of Ceres, a Boston-based coalition of investors.

REUTERS

# Last chance to avoid fatal warming, EU warns

The world faces a final opportunity to agree on an adequate global response to climate change at a UN-led meeting in Copenhagen in December, the European Union's environment chief said Friday.

World leaders from

## Aim of Copenhagen agreement

• EU environment commissioner Stavros Dimas said an agreement in Copenhagen should

about 190 countries meet in Copenhagen in December to try to agree on a

aim to limit global warming below the critical 2 C over pre-industrial times, or less than 1.2 C

global framework to replace the Kyoto Protocol on fighting global warm-

above the current level, by at least halving global emissions by 2050 from 1990 levels.

ing, which expires in 2012. "It is now 12 years since Kyoto was created. This

makes Copenhagen the world's last chance to stop climate change before it passes the point of no return," European Union environment commissioner Stavros Dimas told a climate conference in Budapest Friday.

REUTERS

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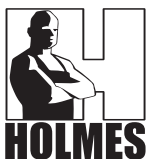
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**EI delays will only get worse, group warns**

Wait times for processing employment insurance claims are already at the crisis point, says the Public Service Alliance of Canada, and are only expected to get worse. **CBC NEWS ONLINE**

7

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Rate cuts near end?

Most dealers expect half-point reduction

**The Bank of Canada looks set to deliver a hefty half-point interest rate cut tomorrow that should boost the loonie and bonds, but it may also signal its 15-month rate-cutting campaign is near an end.**

The rate reduction is seen as a slam dunk by markets, with two-thirds of primary securities dealers forecasting a half-point easing that would take the interest rate to a record low of 0.5 per cent.

**"The bank ... (doesn't) seem to be drinking the same pessimistic Kool-Aid that everybody else is drinking."**

Doug Porter,  
BMO Capital Markets

Regardless of the size of the cut, most dealers see it as the final rate change by the bank in 2009.

"The bank in their statements and comments has not seemed overly geared to cut further and don't seem to be drinking the same pessimistic Kool-Aid that everybody else is drinking at this point," said Doug Porter, deputy chief economist at BMO Capital Markets.

But given governor Mark Carney's propensity to surprise, forecasters are quite prepared to be wrong.

REUTERS

## New Metro newspaper launches in Moscow

**MEDIA** Today, Metro International launches a new paper in Moscow, one of the most exciting cities in the world.

The new-look paper will cover the best of what Moscow has to offer, from the latest local news and politics, to the hottest sporting talent, travel destinations and reports from the front line of the Russian capital's fashion

### The city

- More than nine million people use the subway in Moscow every day, one of the highest in the world.
- Moscow is Europe's largest city, with a population exceeding 15 million.



Front page of today's Metro Moscow newspaper.

scene. It will also publish international news stories from Metro International.

METRO WORLD NEWS

## EU, Asian leaders reject protectionism

**GLOBAL CRISIS** European and Southeast Asian leaders yesterday rejected protectionism to safeguard their national interests against a global financial crisis, spelling out their blocs' commitments to co-ordinate policies.

The EU pledge came at a summit intended to bridge differences over how to fight the recession.

The Association of South East Asian Nations (ASEAN), holding a summit on the same day, endorsed fiscal stimulus, monetary easing, access to credit and trade financing, and measures to stimulate domestic demand.

REUTERS

## Reprieve for GM, Chrysler: Report

**AUTOMOTIVE** Canada's industry minister said the government is willing to negotiate an aid deal with General Motors Corp. and Chrysler past an end-of-March deadline, according to a media report.

The article, citing an interview with Industry Minister Tony Clement Friday, said the Canadian government has also looked at "Plan B" scenarios in the event one of the companies goes bankrupt.

It reported that Clement said there are signals the administration of U.S. President Barack Obama is willing to extend a March 31 deadline by which GM and Chrysler have to submit reports to the treasury.

REUTERS

## Russia Going soft on recession?



Women stand along a road as they sell giant soft toys, 120 kilometres east of Moscow yesterday. Unrest across Russia over economic upheaval has been muted, with the biggest protests so far taking place in the far east port of Vladivostok, where hundreds were arrested in January in demonstrations over car tax.

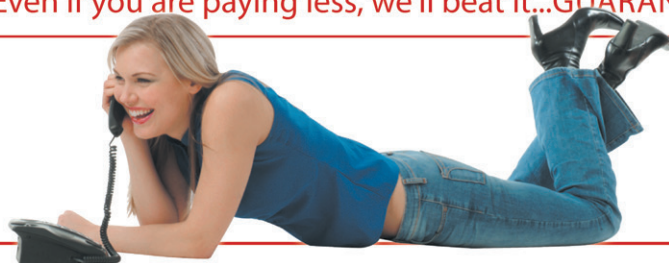
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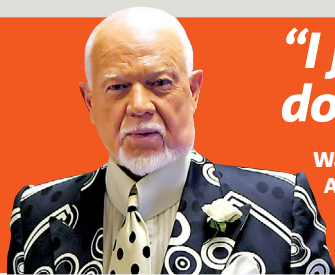
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Kansas City and New England finalized a major NFL trade on Saturday, a deal that will send quarterback Matt Cassel and linebacker Mike Vrabel to the Chiefs in exchange for a second-round pick in April's draft. **METRO NEWS SERVICES**

# Sports



**"I just thought he was wrong ... he doesn't know Alex like we know Alex"**

Washington Capitals coach Bruce Boudreau on CBC's Don Cherry, left, who criticized Alex Ovechkin Saturday, saying the Caps' star's goal celebrations feature "goofy stuff" and suggesting that he will eventually take a big hit on the ice as a result.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONews.CA

## Crossing the age barrier

ANDREA WOO  
for Metro Canada



**Aleisha Cline's response to the question of how she juggles being both a mother to two small children and an Olympic athlete isn't too surprising.**

"Oh God," said the Calgary-born, Kelowna-raised ski-cross champion with a laugh. "That's not easy. (I get) a lot of support from the family, because there's no way that I could do it otherwise."

Cline, who currently lives in Whistler with her husband and children, has inspired many by not only balancing the two, but by doing so at 38.

In comparison, her youngest teammates on the Canadian ski-cross



Aleisha Cline, 38, will compete in the 2010 Games.

team are only 19.

"Hopefully I can be an inspiration and a role

model to other women my age with a couple of kids," she said. "Most women out there think, 'Oh my god, I have two kids. My life is over.'"

Cline has four gold medals, and one silver, from the X Games.

On Feb. 6, she added another gold medal to her collection after coming in first at the World Cup competition at Cypress Mountain in West Vancouver, winning all four of her races while hometown friends cheered her on.

Having acquired a taste for the precious yellow metal, she hopes to chomp her teeth into it once again at the 2010 Winter Games, when ski cross will be an Olympic sport for the first time.

**"Most women out there think, 'Oh my god, I have two kids. My life is over.'"**

Aleisha Cline

"It's so neat to be able to ski and race and show my friends and family what I do when I'm gone," she said.

"You can send emails and photos and tell them about the course, but you really don't get a good feel of it until you get to see it."

### Online

- Keep up with Aleisha's season and progress on her blog at [aleishacline.com](http://aleishacline.com).

## Jones' rink wins second straight Scotties title

**CURLING** Jennifer Jones has successfully defended her Scotties Tournament of Hearts Canadian women's curling crown.

The Winnipeg skip, who is also the reigning world champion, downed British Columbia's Marla Mallett 8-5 last night in the Scotties final in Victoria, B.C.

Jones, who needed to win a tiebreaker just to get into the playoffs, turned the tide in the seventh end, stealing two to grab a 7-4 lead. Mallett, who cruised into the final after winning the round robin with an 8-3 record, never recovered.

It was Jones's third national championship in six appearances, putting her in a four-way tie for second on the all-time list behind Halifax's Colleen Jones, who won six.



Team Canada skip Jennifer Jones reacts to a shot during the final against B.C. of the Canadian Women's Curling Championships.

Jennifer Jones, along with third Cathy Overton-Clapham, second Jill Officer and lead Dawn Askin, will defend their title at the world championship, March 21-29 in Gangneung, Korea.

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**Huskies pick former star to be athletic director**  
Saint Mary's named former Huskies football star Steve Sarty the school's athletic director on Friday, replacing David Murphy, who left last year. Sarty, who played at Saint Mary's from 1991 to 1995, is one of the Atlantic conference's top receivers of all-time. **METRO HALIFAX**

# Capers star sinks Tigers

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**In the biggest game with the highest stakes, Atlantic University Sport's top player delivered as advertised.**

Fourth-year guard Kelsey Hodgson had a sensational 36-point outing to propel her Cape Breton Capers to an 80-75 victory over the host Dalhousie Tigers in the AUS women's basketball final yesterday afternoon at Dalplex.

Hodgson's performance was a continuation of one of the most dominating offensive seasons in conference history, and came in the face of heavy defensive pressure from fifth-year stalwarts Kelly Donald and Brianna Orr.

"I knew teams were going to come after me," said Hodgson, a native of Fredericton, N.B., who led the nation with 25.8 points per game and set the AUS's single-season scoring record.

"But it came down to my teammates. They got me the ball at the right times, right in my shooting pocket."

The Capers broke open a 51-51 tie late in the third quarter by going on a 15-2 run. Dal narrowed the gap to three points twice in the final minute, but Hodgson, the conference's best free throw shooter, calmly went six-for-six from the stripe in the final 35.4 seconds to seal it for the Capers.

"All those goofballs at the end, trying to get you off your shot ... It felt really good just to sink six and say, 'Shut up,' basically,"



Dalhousie centre Laurie Girdwood goes up for a shot against Cape Breton's Caitlin Ulrich during the second half of yesterday's Atlantic University Sport women's final at the Dalplex.

Hodgson said. "And we won it."

Dalhousie was hoping to win its first championship since 2001, the last time it hosted the tournament. The Capers, who have won three titles in the past six years, and the Memorial Sea-Hawks, with

five, have won every banner since.

The Tigers, who didn't have the benefit of a quarter-final bye as the Capers did, received a 27-point, nine-assist, eight-steal showing from Jenna Kaye. Laurie Girdwood added 19 points and 11 rebounds,

while seniors Donald and Orr were tireless in their effort to slow the five-foot-10 Hodgson.

"We didn't come out as strong as we did (in Saturday's 23-point semifinal win over Memorial)," said Donald, named to the tournament all-star team

along with Kaye.

"We gave a good effort, it was just Cape Breton finessed more, with scoring and rebounding. They consistently outplayed us and we wish them luck at (nationals)."

The CIS championship starts Friday in Regina.

# Mooseheads miss chance to move up

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**HOCKEY** The P.E.I. Rocket dealt the Halifax Mooseheads' playoff hopes a heavy blow yesterday in Charlottetown.

Rocket forward Simon Olsson scored the game-winner with three minutes to go and Joel Champagne scored into an empty net as the Rocket beat the Mooseheads 6-4.

The Mooseheads went 3-for-7 on the power play, fired 40 shots on Rocket goalie Bobby Nadeau and battled back from one-goal deficits twice in the final



Linden Bahm of the Halifax Mooseheads looks for the puck in front of P.E.I. Rocket goalie Bobby Nadeau during QMJHL action yesterday in Charlottetown. The Rocket won 6-4.

22 minutes. "Nadeau played a heck of a game ... He's been their MVP all season," said

Mooseheads head coach Cam Russell. "We got four goals on him and just couldn't muster any more, and we made defensive mistakes that cost us goals."

Alexis Piette had two goals and an assist for Halifax, while Travis Randell and Jessyko Bernard added singles. Gabriel Desjardins missed the end of the game with a shoulder injury.

Russell was more than happy with his team's effort, which he said was as good as it was in Friday's 4-3 shootout loss to the Cape Breton Screaming Eagles at the Metro Centre.

The last-place Mooseheads (17-38-7, 41 points) had a golden opportunity to make up ground on Lewiston and Val-d'Or, teams they must pass to make the playoffs. Both lost yesterday and are tied three points ahead of Halifax.

The Mooseheads' next game goes Saturday at Bathurst against the Titan, the start of a three-game road trip.

"We've got to stay positive and look at all the good things we're doing," Russell said. "We've got a week to rest, to get ready for the weekend and get some more points."

## Rainmen get at least one win

**BASKETBALL** The Halifax Rainmen earned at least one win on the weekend. A second victory could be added this week.

The Rainmen beat the Quebec Kebs 95-84 on Saturday, but didn't play their scheduled game on Friday against the Montreal Sasquatch because the Premier Basketball League decided the venue did not comply with its standards.

Rainmen owner Andre Levingston contacted the PBL upon arrival because he "felt the court was unsafe to play on." A decision could be made as early as today on whether the game will be rescheduled or given to Halifax as a forfeit victory.

Montreal was briefly kicked out of the PBL in February before being reinstated after an ownership change.

• Halifax's A.J. Millien did not play Saturday because of a family emergency ... The Rainmen are 9-7 and trail Wilmington (10-4) and Vermont (9-6) in the wildcard standings.

METRO HALIFAX

## Sports in brief

**AUS HOCKEY** The Saint Mary's Huskies are locked in a 1-1 tie with the Moncton Aigles Bleus in the Atlantic University Sport best-of-five men's hockey semifinal. The Huskies lost 2-0 at home on Saturday in Game 2 and head to Moncton for the next two contests, tomorrow and Thursday at 7 p.m.

**CIS VOLLEYBALL** The Dalhousie Tigers placed fifth at the Canadian Interuniversity Sport men's volleyball championship in Edmonton after losing to Manitoba in the quarter-finals on Friday. The Tigers won the consolation round with a five-set victory over Thompson Rivers yesterday.

**UNIVERSIADE** Saint Mary's Huskies forward Kori Cheverie won gold with the Canadian women's hockey team at the 24th Winter Universiade in Harbin, China, on Friday. Canada beat host China 3-1 in the championship game.

METRO HALIFAX

## SCOREBOARD

### QMJHL

	ATLANTIC DIVISION			
	W	L	OT	P
x-Moncton	44	12	6	94
x-Cape Breton	43	17	4	90
x-Saint John	30	27	4	64
P.E.I.	23	30	9	55
Bathurst	20	28	13	53
HALIFAX	17	38	6	40

x-clinched playoff spot

### PBL

	ATLANTIC CONFERENCE		
	W	L	PCT
Manchester	13	3	.813
Vermont	9	6	.600
Halifax	9	7	.563
Montreal	3	8	.273
Quebec	3	11	.214



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Application deadlines for the 2009-2010 year are **May 1, 2009** for the university scholarships, and **May 8, 2009** for students applying for the trades scholarships at the NSCC.

For more information on energy-related career choices and to find out how to apply, contact your high school guidance counselor or visit: [www.gov.ns.ca/energy](http://www.gov.ns.ca/energy) or call (902) 424-4575



## Century mark

### NHL RESULT

**Devils 3, Flyers 0**

**Martin Brodeur registered 27 saves for his 100th career shutout, and the New Jersey Devils blanked the Philadelphia Flyers, 3-0 yesterday in a key Atlantic Division battle.**

Brodeur recorded his second shutout in three games since returning from a 50-game absence due to a tripe injury. He now stands three whitewashes behind Terry Sawchuk for the all-time record. The victory was also the 547th regular season win in his illustrious career, only four behind former Canadiens and Avalanche standout Patrick Roy for the

most all-time.

"It's hard to believe a little bit," Brodeur said of the accomplishment. "You go out and you play and you get shutouts. There's only one other guy that got to that 100 (shutouts) plateau, so it's kind of nice. It hit me later on when guys came over and congratulated me."

Jamie Langenbrunner, Johnny Oduya and Brian Gionta tallied the goals for New Jersey, which has won eight of 10 overall and all three games Brodeur has started since his return.

**METRO NEWS SERVICES**



Brodeur is now three shutouts shy of the NHL career record.

## Shaq leads upset Sunday in NBA

### NBA RESULTS

**Suns 118, Lakers 111**

**Matt Barnes pulled down 10 rebounds, handed out seven assists and scored 26 points, including a huge three-pointer and five free throws late in the fourth quarter to help the Phoenix Suns record a 118-111 victory over the Western Conference-leading Los Angeles Lakers.**

Playing without point guard Steve Nash (ankle) for the third straight game, former Laker Shaquille O'Neal punched in another dominating effort, logging 33 points two

days after a 45-point performance against Toronto.

**PISTONS 105, CELTICS 95**

Richard Hamilton led a balanced Pistons attack, scoring 25 points and handing out nine assists, as Detroit handed the Boston Celtics a 105-95 defeat at TD Banknorth Garden.

Tayshaun Prince and Rasheed Wallace pulled down a combined 14 rebounds to go with 15 points apiece for Detroit, which has won two straight without the services of All-Star guard Allen Iverson (back).

**METRO NEWS SERVICES**

### Sports in brief

**NFL** Detroit Lions defensive end Corey Smith and Oakland Raiders linebacker Marquis Cooper were among four missing boaters off the coast of Florida, the U.S. Coast Guard said yesterday. Smith and Cooper were on a boat that left Clearwater Pass Saturday for a fishing trip but did not return as expected.

**MLB** Washington Nationals senior vice president and general manager Jim Bowden resigned from his position yesterday.

In a statement, Bowden said false allegations in the press compromised his "ability to properly represent the Washington Nationals." SI.com reported last week that Bowden was being looked at by a U.S. federal investigation into skimming signing bonuses of Latin American prospects. "There have been no charges made, and there has been no indication that parties have found any wrongdoing on my part," Bowden said in the statement. **METRO NEWS SERVICES**



**Metro Workology exclusive: Matters of the Heart**

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check Metronews.ca/work for the series.

**11**

# Workology



## Podcasts up grades?

New research from the State University of New York in Fredonia concluded that students who download a podcast lecture earn substantially higher test results than those who attend a large lecture in person.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## From gut feelings and a sixth sense to a career

### OddJobs

**Diane Peters**



metronews.ca/oddjobs

Years ago, when Lynda Doyle was young and had recently learned to drive, she came to a red light that just would not change. It was late and there was no one around. She was tempted to drive through, but a gut feeling told her to wait.

Suddenly, a car came flying through the intersection. If she'd ignored the light, it would have hit her. When the light did change, she followed her instincts again and turned. A few minutes later, she came across an accident caused by the car, and was able to help by calling the police and ambulance.

"I've always been able to trust my sixth sense; my gut feeling, I was raised that way," says Doyle, who's now 51.

The London, Ont., native was partially raised by her grandmother, who was considered a seer, and taught Doyle all she knew. But Doyle kept her gift from friends, and had no plans to make it part of her career.

She became a nurse, which she loved, but visions of her patients' futures sometimes barged in to her mind. She pushed them aside. She got married and had a daughter,

worked as a funeral director and then went back to school to study sociology and criminology.

Gradually, she allowed her intuition to come back into her life. She continued studying — she did a masters in women's studies and spirituality and then a PhD in metaphysics — and starting doing spiritual counselling part time.

Now, 30 years later, she's an ordained spiritualist, Reiki master and medium. She speaks to large groups, runs courses (one's called Psychic 101), and does private sessions either face-to-face, on the phone or via web cam.

Before a private session,

Doyle takes 15 minutes to meditate; completely clearing her mind and focusing on her client.

In the session, she'll use tarot cards or a tool called an angel rod, if the clients wants, but she prefers just holding the person's hand and tapping into his or her energy. She starts talking about the person's health, then work, education, finances and personal life. If a client wants a reading on someone who's alive or dead, all Doyle needs is a picture and the person's birthday.

While Doyle loves her work and her clients — some of whom have been seeing her for three



decades — it's not easy to get glimpses into what's really going on and the future. As a result, she avoids watching the news and has to cleanse her mind after a reading.

"It doesn't stop on a dime."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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## Order of Nova Scotia

**The deadline for nominations for the 2009 Order of Nova Scotia is Friday, March 20.**

The Order of Nova Scotia is the highest honour awarded by the province. All Nova Scotians are encouraged to consider nominating or renominating someone who has made an impact on their community and their province. This award is about people who value people.

*Information and nomination forms are available in a number of ways:*

### Online:

[www.gov.ns.ca/prot/order.htm](http://www.gov.ns.ca/prot/order.htm)

**E-mail:** [orderofns@gov.ns.ca](mailto:orderofns@gov.ns.ca)

**Call:** 902-424-4463

**Visit:** any Access Nova Scotia

Centre or public library; Province House; any MLA, Nova Scotia MP or municipal office.



**NOVA SCOTIA**

### The Lowdown

**Job title:** Psychic/spiritualist

**Salary:** \$65 to \$85 a session

**Education/training:** Mentoring from another seer, extra study in spiritualism

**Best part of the job:** "When you look at a person's face and know they have some hope, that you've touched them in some way."

**Worst part of the job:** "The sad stories. It's a huge responsibility. Many times people don't admit they have a problem."



**Sidekick in serious condition**  
Ed McMahon has been hospitalized with pneumonia for nearly a month and is in serious condition. "He's getting great care and he's a fighter," Howard Bragman, a longtime friend to the 85-year-old Tonight Show announcer, told TVGuide.com. **TVGUIDE.COM**

# Entertainment

## New direction

Drew Barrymore is apparently in the lineup of potential directors for the third instalment of Stephenie Meyers' teen-blood-lust-romance series, *Eclipse*.

EMPIREONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

### Box office

Weekend ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to estimates:

- 1** **Madagascar 3: Europe's Most Wanted:** \$16.5 million US
- 2** **Jonas Brothers 3-D:** \$12.7 million
- 3** **Slumdog Millionaire:** \$12.2 million
- 4** **Taken:** \$10 million
- 5** **He's Just Not That Into You:** \$5.9 million
- 6** **Paul Blart: Mall Cop:** \$5.6 million
- 7** **Coraline:** \$5.3 million
- 8** **Street Fighter:** \$4.7 million
- 9** **Confessions of a Shopaholic:** \$4.5 million
- 10** **Fired Up:** \$3.8 million

REUTERS

## A graphic adaptation

Director Zack Snyder brings Watchmen to the big screen

CHRIS ALEXANDER  
for Metro Canada

**Zack Snyder is no stranger to controversy. The slick, visionary director wet his beak in the medium of music videos before raising universal horror geek ire when he chose, as his first feature, a remake of the epic cult classic zombie film Dawn of the Dead.**

But he emerged from that experience relatively unscathed — with his fresh, breathlessly-paced thriller being embraced by both mainstream critics and hardcore genre buffs alike.

Now, after tackling graphic novel greatness with the thundering 300, Snyder is poised to unleash his most high stakes and potentially controversial effort yet: A gigantic — and mostly faithful — rendering of Alan Moore's celebrated anti-superhero allegory *Watchmen*.

Opening Friday, it's a picture that at first appears to be another comic book film but is, in reality, light years removed from *Spider-Man*.

"I didn't want to make a PG-13 version of a superhero movie," says Snyder. "I wanted it to go all the



Zack Snyder, left, directs actor Robert Wisden, who plays Richard Nixon, in *Watchmen*.

way with violence, sex and fight scenes, in the opposite way than *X-Men* or *Fantastic Four* would go.

"This is a hard movie on every level, without question, and people who go in to the theatre expecting a film like *X-Men* are going to get punched in the face."

For more than 20 years, filmmakers of every persuasion have attempted to bring Moore's layered,

complex and relentlessly nihilistic story of faded costume heroes and their varying levels of psychosis to the screen. But Snyder has used Moore's revered source material to fully expand his developing sense of visual-based cinema, sculpting some of the most dynamic and potent imagery ever committed to pulp fiction filmmaking in the process.

"I love tone and self-re-

flection" Snyder says about his creative leanings. "That's what I'm all about. Paul Verhoeven's *Robocop* is one of my favorite movies because you can either interpret it as a movie about a robot policeman who kicks ass or as an anti-technology film about man losing touch with his place in the universe.

"So it's that kind of duel dynamic that I hope I've achieved with *Watchmen*."

### Hudson calls music therapy

**PEOPLE** Singer Jennifer Hudson told chat show host Oprah Winfrey on Friday that music is her "therapy" after the murders of three of her relatives last year.

Hudson and Winfrey did not mention the October killings during the singer's television appearance, but when asked how she was doing Hudson said she is "really good."

"I'm just glad to be back and be back to work again," said Hudson, 27. "Just doing what I love to do is like therapy." **REUTERS**

## Chun-Li a half-baked spinoff

### Street Fighter: The Legend of Chun-Li

**Director:** Andrzej Barkowski  
**Stars:** Kristin Kreuk, Chris Klein, Neil McDonough  
**Classification:** 14A  
**Rating:** Ⓜ

IAN GORMELY  
for Metro Canada

**Twenty years ago when a big blockbuster movie came out, they made half-baked video game adaptations to promote its release.**

Oh how the tables have

turned. These days half-baked films are spat out to promote the games — *Street Fighter: The Legend of Chun-Li*, which was released a week after the unveiling of the latest installment of the one-on-one fighting game series.

The *Legend of Chun-Li* is the second film spun-off from these games. It provides a back story for the game's long running female character (the one that does the spinning helicopter kick) dropping her into a typical martial arts revenge flick painfully unaware of its convoluted

and cliched plot.

As a young girl, Chun-Li witnessed her father's kidnapping by nefarious developer Bison (Neil McDonough) and his henchman Balrog (Michael Clarke Duncan). Fast forward a decade, and Chun Li, now an adult played by *Smallville*'s Kristin Kreuk, receives a mysterious scroll, which leads her to Bangkok. There she meets Gen, Bison's childhood friend, who teaches her martial arts to extract her revenge and stop Bison from redeveloping the Bangkok slums into condos.



Kristin Kreuk, left, plays the titical character bent on avenging her kidnapped father in *Street Fighter: The Legend of Chun-Li*.

No one expects high art from a film based on a video game, but it should at least be fun. And that's *The Legend of Chun-Li*'s downfall. The dud of a script leads to some seri-

ously stiff acting from a talented ensemble.

A film like *Street Fighter* should focus on fighting and action, but what little it has is uninspired and just boring.

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**Alexis the intern**  
Alexis Bledel is set to guest-star on the two-hour series finale of ER. Bledel, who starred in the Sisterhood of the Traveling Pants movies and played daughter Rory for seven seasons on TV cult favorite Gilmore Girls, will scrub in as new intern Dr. Julia Wise. **METRO NEWS SERVICES**



# Young men on the run



## American Rust

**Author:** Philipp Meyer  
**Publisher:** Random House  
**Price:** \$27.95 (Hardcover)

## BookPicks

Isaac English has little reason to remain in Buell, Pennsylvania. The dwindling steel town has been wounded by economic ruin. And for English, that devastation matches the personal plights of his mother's suicide and sister's getaway to Yale. But when English himself tries to evade Buell for California with high school chum Billy Poe, a drifter thwarts their plans. When the stranger tries to rob Poe, English accidentally kills the man. The dark turn propels the plot of American Rust, as the pair tries to shirk fault for the crime and English continues his quest for escape.

BRIAN COULTON/FOR METRO CANADA

## In brief

**COMEBACK** No Doubt, the rock band that Gwen Stefani fronted before embarking on her solo career, will make an appearance on the teen-friendly series Gossip Girl on May 11, performing Adam and the Ants' Stand and Deliver, the group announced on its website. The show airs at 8 p.m. ET/7 p.m. CT on the CW.

**ARTISTS** A sketch obscured by handwriting for five centuries in one of Leonardo da Vinci's notebooks may be a youthful self-portrait, according to Italian experts who "aged" the sketch to compare to confirmed later self-portraits of the artist. Hidden under layers of thick writing on a page, the sketch was spotted by the Italian scientific journalist Piero Angela.

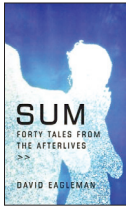
REUTERS

## GlobalStyle

### Kenya Hunt

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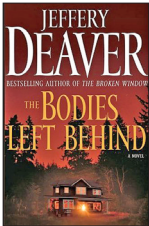
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## Sum: Forty Tales from the Afterlives

**Author:** David Eagleman  
**Publisher:** Viking Canada  
**Price:** \$26 (Hardcover)

What happens to us after we die? American neuroscientist David Eagleman has forty fictional answers, infusing science with imagination in each of his angles on the afterlife. In "Circle of Friends", the afterlife looks and feels like real life, but the only people that populate it are those you know; a mere fraction of the world's population. In "Angst", the afterlife sees our bodies grow ten thousand kilometers tall, across nine dimensions, and it's our job to maintain the cosmos. From the comic to the bizarre, Eagleman's stories contain wit and reflections on theism, love and regret.



## The Bodies Left Behind

**Author:** Jeffery Deaver  
**Publisher:** Simon & Schuster  
**Price:** \$29.99 (Hardcover)

Brynn McKenzie is a resilient Wisconsin deputy with a stained past. While off-duty, she hears an emergency 911 call abruptly cut off. Concerned, Brynn ventures to a vacation house and discovers a tragic scene and a vacationer named Michelle. When Brynn and Michelle encounter a pair of dangerous criminals, they make a run to the woods to escape. There, they fight to stay alive while trying to reconcile one another's opposing personalities. When Brynn's husband and son learn of her disappearance, they join her colleagues in the hunt to save the pair of women on the run.

# New U2 album soars with critics

**ALBUM** Irish band U2 releases its 12th studio album on Monday and while reviews are generally glowing, critics argue that lead singer Bono's dual role as rock star and campaigning "saviour" may be meddling with the music.

An early contender for biggest record of the year before it even goes on sale, No Line On The Horizon has been described as the band's most experimental album since 1991 and possibly its best since then.

"Simply, what all of this

amounts to is the best U2 album since Achtung Baby," wrote Q magazine at the end of a five-star review.

Rolling Stone magazine also awarded it five stars, Mojo magazine four.

The 11 songs tackle familiar themes of love, war, hope, and, perhaps more than ever, being Bono. The U2 frontman has long jug-



Bono

gled a dual career of rock superstar and high-profile campaigner: There are those who feel his mission is beginning to colour everything that U2 does.

"It's becoming increasingly difficult to hear U2's music without filtering it through your feelings about the other Bono, that strident, sanctimonious swirl of idealism, agenda and ego," J. Freedom du Lac wrote in the Washington Post. He does, however, say No Line is "at times magnificent."

REUTERS



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Alliance de la Fonction publique du Canada

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## critics' corner

### Riverdance: Today's Stars

Young ballet students may dream of dancing with the New York City Ballet or another large company. For those studying Irish step dance, however, the ultimate prize is a part in "Riverdance," the high-energy production that debuted in 1994 and took the world by storm. This new documentary catches up with the current cast members of a "Riverdance" touring company in a place where folks know their Irish dance: Killarney. 10 PM on BRAVO



### Little Mosque on the Prairie

Isn't it bad luck to open a wedding present early? Oh, wait, that's seeing the bride before the ceremony. So JJ (Stephen Lobo) is probably safe in opening a gift ahead of time, especially since nobody can seem to figure out what it's supposed to be. Sitara Hewitt, Carlo Rota, Sheila McCarthy and Zaib Shaikh also star in the new episode "My Shariah." 8 PM on CBC

### Paranormal State

Ryan Buell and the Paranormal Research Society team travel to West Virginia, hoping to help a family whose quiet home in the mountains has turned into a real-life horror movie. Kathy, the mother, has suffered mysterious burns, while her new husband says he saw a floating head, and her two daughters are being haunted by eerie premonitions. Psychic Chip Coffey also joins the PRS team. 11 PM on A&E

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/2/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	The Bachelor (Season Finale) (N)			The Bachelor
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Gossip Girl (HDTV)	Ghost Whisperer			Medium
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: The National			The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Les Parent	Les Boys (SC) Tout sur moi			Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th How I Met			CSI: Miami (N)
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags (SC)	Star Académie:	Annie et ses hommes (SC)			TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	Heroes "Exposed" (N)	24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM"				News (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV) (N)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)
	10	10	10	ELTV	EastLink Mag.	Fishing	Harv's Sportsland (Live)	Incl. Revolution	Harv's Sportsland			EastLink Television
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM"			Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV) (N)			Medium
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour			Miracle
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Chris Botti in Boston	Yanni Voices: Live From				
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Yanni Voices: Live From the Forum in Acapulco				Own True Love
	68	68	68	TQS	(6:30) Le Retour (SC)	Beauté	C'tune joke	CSI: NY (SC)			La Porte des étoiles (SC)	110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Money Talks			Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight	Commodities	Campbell Brown: No Bias			Larry King Live	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	Golf Hawaii	The Golf Fix			Lessons
	52	52	52	RSE	Sportsnet Connected	Snowboarding: World Cup	Skiing FIS Freestyle -- Moguls.	Skiing FIS Freestyle -- Moguls.			Billiards World Cup of Pool.	Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	RaceNight	(10:15) WWE Monday Night Raw				
news	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time (N)	This Week in NASCAR (N)			Auctions
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey Colorado Avalanche at New York Islanders. (HDTV) (Live)				SportsCentre	
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Robot Chicken
	26	26	26	TREE	Wonder Pets	Big & Small (N)	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Comfy Couch
	27	27	27	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	16	16	16	A&E	Cold Case Files (HDTV)	CSI: Miami "Free Fall"	Intervention "John"				Intervention (HDTV) (N)	Paranormal
	70	70	70	APTN	News	Notre Peuple New York.	Terres arct.	Mishkuenita	Henri et Verlin *** (1994, Drame)			
	50	50	50	BET	106 & Park: BET's Top 10 Live	Friday ** (1995, Comedy) Ice Cube, Chris Tucker.	Rip the Runway '09 (N)					Harlem Heights
	37	37	37	BRVO	Street Legal	Circle of Champions	Blood on the Moon	Riverdance: Today's Stars (N)				A Bronx Dream
family	25	25	25	CMT	Dedicated	Hottest Men of Country	Home Improve.	Home Improve.	Reba			Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas			Brian Regan
	153	153	153	COURT	W-FIVE	World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Legal Briefs			Police Videos
	38	38	38	DISC	Canada's Worst Handyman	Daily Planet (N)	MythBusters	Dirty Jobs	Guinea Pig			Ambrose Price
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ned's School
	46	46	46	HIST	Battlefield Mysteries	NCIS	Battle 360	Technical Diff.	MuchTopTens			Don't Forget
	17	17	17	MM	Video on Trial	Video on Trial	Meet Barkers	Meet Barkers	Listed			Don't Forget
	19	19	19	MMM	MusicProfile	mmmtp10.com	Revival	Sanctuary "The Five"			U.S. of Tara	Secret Diary
	201	201	201	M1	(5:45) Reign Over Me	Stargate Atlantis	Dog: The Family Speaks	Survivorman	Survivorman			Brother
	48	23	23	OLN	American Gladiators	House-Payne	House-Payne	Survivorman	Survivorman			Brother
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Survivorman			Brother
	206	206	206	PIX	(6:20) The Dark (1994)	(7:50) Two Solitudes ** (1978, Drama) Stacy Keach.	The Maltese Falcon (1941, Crime Drama)					
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)			RDI en direct
	39	39	39	SHOW	Wife Swap	The Outer Limits	Kink in Hair	Kink in Hair	Kenny-Spenney			Name Is Earl
	40	40	40	SLICE	X-Weighted	Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part			Runway
	47	47	47	SPACE	Stargate SG-1	Stargate Atlantis (DVS)	Lost "The Greater Good"	Star Trek: Voyager	Star Trek: Voyager			Sarah Connor
	14	14	14	SPIKE	CSI: NY (HDTV)	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Scariest Police Shootouts!			Police Shoot.
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Paris Hilton's British Friend		
	21	21	21	TLC	What Not to Wear	Little People	Little People	Little People	Jon & Kate			Planet Soap
	56	34	34	TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales			Truth, Duty
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	Mot de passe	Vie privée, vie publique "Le Courage de s'en sortir"	McLeod's Daughters (N)			Dollars
	28	28	28	V	Nothing Too Good	Murder, She Wrote	Eyes Down	May-December	The West Wing			Dollars
	60	97	97	VIVA	Mysterious Ways	Judging Amy	Commander In Chief	Love It or List It	One Tree Hill (HDTV)			WGN News
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean			WGN News
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Gossip Girl (HDTV)			WGN News



## Celebrity Buzz

## Patch-up in progress?

**RELATIONSHIP** Rihanna and Chris Brown are "definitely together" and focusing on a reconciliation, a source tells People.

The pair, who are currently spending time together at Sean (Diddy) Combs' house on Miami Beach's Star Island, are staying indoors as they hash things out, people.com adds.

"They are definitely together and care a great deal about each other," says a Miami source. "They feel like staying in and working through their issues. So far they have not wanted to go out."

Brown, however, did venture out earlier on his own.

On Thursday he hit the water to jet ski with pals. Rihanna and Brown's alleged reconciliation comes nearly three weeks after Brown, 19, allegedly battered the Umbrella singer on Feb. 8.

Learning that his daughter and Chris Brown have reconciled, Rihanna's father says he supports the singer in her decisions, the website adds.

"Whatever road she chooses, I'm

behind her," said Ronald Fenty, when reached by telephone on Barbados.

Fenty took the reconciliation through the media.

"We are a family who stick together even though we are apart," he told People. As for Rihanna, Fenty would only say, "She's a smart girl." When asked what he would tell Brown as a father, the website says he demurred: "I have no comment on Chris Brown."

METRO NEWS SERVICES



union in stride Saturday, as he worked selling novelty items on a street corner in downtown Bridgetown.

He says he hasn't spoken to his daughter since earlier last month and only found out about the reconciliation through the media.

"We are a family who stick together even though we are apart," he told People. As for Rihanna, Fenty would only say, "She's a smart girl." When asked what he would tell Brown as a father, the website says he demurred: "I have no comment on Chris Brown."

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## Jolie 'depressed' over kids, Pitt

**FAMILY** Angelina Jolie is "really depressed," femalefirst.co.uk reports.

The actress — who was seen apartment hunting alone in New York recently — has reportedly told partner Brad Pitt she needs some time alone after struggling to cope with the pressures of raising their six young children.

A source said: "Angelina has told Brad she needs her space. She is a fiercely independent

person and needs time alone to feel sane and happy.

"Her tendency is to bolt. When she is feeling stressed and overwhelmed she often goes away by herself," the source added.

"Angelina is in a really low place at the moment and she seems really depressed. There is a massive tension between her and Brad and they have been fighting."

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## Heigl's hubby asks mom to back off

**IN-LAWS** Looks like Katherine Heigl's husband has been getting fed up with his mother-in-law's meddling. According to Star magazine, the Grey's Anatomy star's mom, Nancy, has been hounding Heigl's hubby, Josh Kelley.

"She often tries to tell (Josh) what to do," a source tells Star of Nancy. "He's asked her to back off a bit, but she hasn't. So now he just smiles and says nothing."

METRO NEWS SERVICES



## Brady wedding details out

**NUPTIALS** Usmagazine.com has new exclusive details of Tom Brady's wedding to Gisele Bündchen. The groom donned a gray two-button peak lapel pure wool suit made by Ermenegildo Zegna, a source confirms to the magazine.

And — because the wedding was kept so tightly under wrap — he didn't special order it, the source adds.

"I think he wore something that he already had because it was such a last-minute thing," the source says. "Every

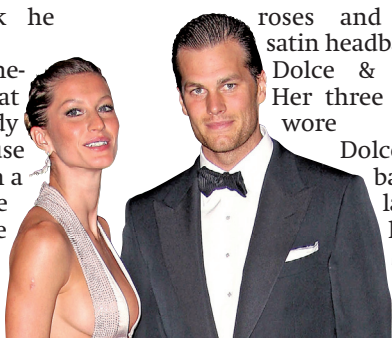
suit that he wears is made-to-measure to fit him perfectly."

The couple wed Thursday just before 6 p.m. at the St. Monica Catholic Church in Santa Monica, Calif.

The bride donned a form-fitting ivory lace strapless gown with a trumpet skirt, scalloped edges, long train and a floor-length veil with attached handmade satin

roses and attached satin headband, all by Dolce & Gabbana. Her three dogs also wore matching Dolce & Gabbana floral lace collars.

METRO NEWS SERVICES



## Lohans work on weight

**ADVICE** Lindsay Lohan's family has begged her to put on weight, femalefirst.co.uk reports.

The Mean Girls actress' mother Dina and 15-year-old sister Ali want the thin star to return to the family home in Long Island so they can make sure she is eating.

"That way Dina and Ali can look after her and stop her skipping meals. It would be the best thing for her," a source said. "We know it's stress behind the weight loss."

But the 22-year-old star — who has reportedly lost nearly 14 pounds from her already-slender frame in the past two months — has reportedly refused to leave Los Angeles without her girlfriend, DJ Samantha Ronson.

The source said: "She won't be away from

Sam. She's too insecure." Lohan hasn't even been tempted by junk food bought for her by her worried sister.

The source explained: "For a while, Ali was buying her pizza, fries, chips and all her favourites. But she just sits there, taking a few bites, then picking at the rest. She really isn't fooling anyone."

METRO NEWS SERVICES



## Britney to kick off make-or-break tour

**CONCERTS** The elaborate costumes are packed. The 16 semis filled with magic props and big-top sets are on the road, people.com reports.

When Britney Spears takes the stage at the New Orleans Arena tomorrow — the opening night of her Circus tour — the stakes will never be higher. After more than two years of personal drama, the tour will either make or break the professional comeback she began last fall.

According to sources, Spears, 27, who left Friday for Louisiana, has been hard at work preparing for the show.

"She's pretty determined," a friend tells People. "She missed singing and performing and the freedom of that ... it's what she loves to do, so she's definitely thankful to be doing that again."

Though the pop star seemed to be back in old Britney form when she sang Womanizer on Good Morning America in December, the concert will be her biggest performance since her disastrous appearance at the 2007 MTV Video Music Awards.

"I've got to believe she's ready and will do a professional show," Gary Bongiovanni, editor-in-chief of the concert trade magazine Pollstar, says. "If she doesn't, it's over."

METRO NEWS SERVICES



## Rivers takes aim at Angelina

**HUMOUR** During an appearance on Rachael Ray, Joan Rivers revealed why she thought Brad Pitt and Angelina Jolie were sitting so close to the stage at the Oscars, intouchweekly.com reports.

The comedian said: "I thought what was interesting was that they sat in the front row even though they kind of knew they weren't going to get anything. But I think that she was hoping that one of the Slumdog kids would fall off. Grab it, take it home. ... And then you say, 'Did you win anything?' 'I got an Oscar, I should give the kid a name!'"

METRO NEWS SERVICES



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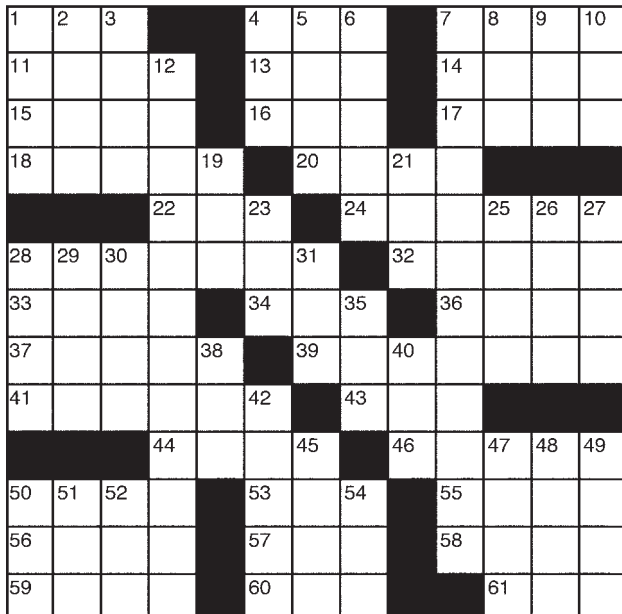
On Site: **Service Canada**

Logos: YMOVE, metro, Service Canada



For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



## Crossword across

- 1 Incorrect  
4 "Lost" network  
7 Young tulip?  
11 Equestrian game  
13 Scrooge's cry  
14 Black-and-white cookie  
15 Basin accessory  
16 Blackbird  
17 One  
18 Pristine  
20 Singer Campbell  
22 Pinch  
24 Completely  
28 Used mouthwash  
32 Pancake topper  
33 Author James  
34 Wrigley product

- 36 "... oh, where can —?"  
37 Support  
39 Disarmed a bomb  
41 Pago Pago dweller  
43 Pale  
44 Beehive State  
46 Desolate  
50 "So be it"  
53 Total  
55 Squared away  
56 Work in the mailroom  
57 Get older  
58 Carnival attraction  
59 Move back and forth  
60 Lower limb  
61 Buck's mate

## Crossword down

- 1 Oil-cartel acronym  
2 Poultry  
3 Run away  
4 "The — Daba Honeymoon"  
5 "Pow!"  
6 Tex-Mex entree  
7 Seeker of fugitives  
8 Spigoted vessel  
9 Floral neckwear  
10 Automaton, for short  
12 Anaheim is there  
19 Zero  
21 Type measures  
23 Dowel  
25 Raw rocks  
26 Oil paint container

- 27 Newspaper page  
28 Chatters  
29 Taj Mahal city  
30 Paper quantity  
31 Flop  
35 Kitten's call  
38 Nosh  
40 Mis' neighbors  
42 Twangy  
45 Ginormous  
47 Eager  
48 Start over  
49 Dandling site  
50 Donkey  
51 Do lawnwork  
52 Historic time  
54 "Family Guy" daughter

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	I	N	G	S	B	B	C	E	L	M
K	N	E	E	L	O	R	R	N	E	O
I	N	T	R	O	B	A	Y	O	N	E
I	M	B	I	B	E	P	U	R	E	
B	I	Z	S	O	L	H	E	I	S	T
O	R	E	S	W	E	B	E	R		
B	A	N	A	N	A	O	R	A	N	G
L	I	N	G	O	S	E	A	S		
R	E	C	A	P	R	E	S	T	S	P
A	L	U	M	S	E	D	A	N	S	
C	A	B	I	N	E	T	H	O	U	S
E	T	A	A	L	E	I	N	K	E	D
D	E	N	G	A	L	B	E	E	T	S

3	6	8	7	2	9	1	4	5
2	7	4	1	5	6	8	3	9
9	1	5	3	8	4	7	2	6
7	4	2	9	3	5	6	8	1
1	8	9	4	6	7	3	5	2
6	5	3	2	1	8	9	7	4
5	3	6	8	9	2	4	1	7
4	9	1	5	7	3	2	6	8
8	2	7	6	4	1	5	9	3

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

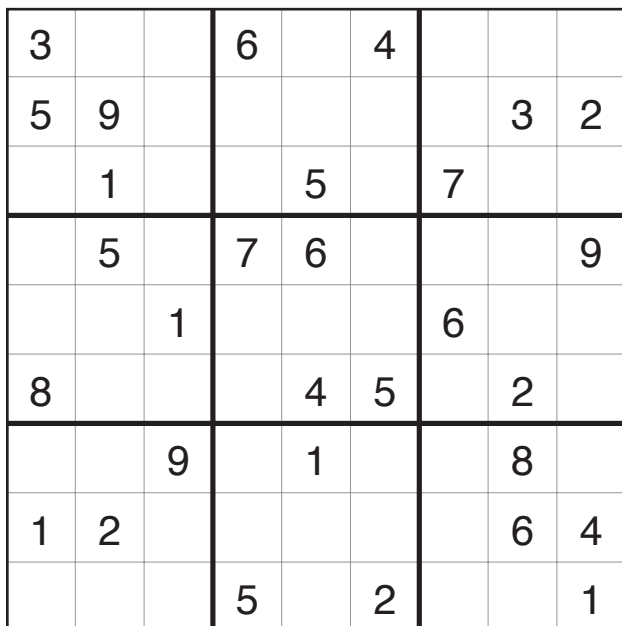
Under 13 min .....Genius  
13-17 min.....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min.....Keep practising

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## Metro Recipe of the Day



## Spiced Lamb Kofta

## INGREDIENTS FOR KOFTA:

- 1 lb (500 g) lean ground lamb  
1 onion, finely chopped  
1 egg  
1/4 tsp (1 ml) ground cumin  
1/4 tsp (1 ml) ground cinnamon  
salt and freshly ground black pepper  
3 tsp (15 ml) olive oil

## INGREDIENTS FOR CUCUMBER YOGURT:

- 2/3 cup (150 ml) Greek-style yogourt  
3 tsp (15 ml) olive oil  
1/2 cucumber, coarsely grated  
1 garlic clove, crushed  
salt and freshly ground black pepper

## METHOD:

- Soak eight wooden skewers in cold water 30 minutes. Alternatively, use metal skewers.
- Mix ground meat, onion, egg and spices in bowl. Add salt and pepper, then bind mixture together either in food processor or by kneading with

hands.

- Divide mixture into sixteen equal portions, then roll into balls. Thread two meatballs onto each skewer, leaving 3/4 in. (2 cm) between them. Lightly brush with oil. Preheat grill or broiler to moderate heat.
- For dip, blend yogourt with oil. Stir in cucumber, garlic and salt and pepper to season. Mix well and chill until ready to serve.
- Put skewers on grill or under broiler. If using broiler, ensure that meatballs are about 4-3/4 in. (12 cm) from heat, and watch the skewers carefully when cooking to avoid burning. Cook for about 15 minutes, turning regularly, until golden. Serve with the yogourt dip.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes

## AVATAR VENUS

## ARIES

MARCH 21-APRIL 20



An anxious person pretends to be heroic. Something in the mail will awaken a fine romance. Do something bizarre for an unfamiliar man.

## LIBRA

SEPT 23-OCT 23



A foreigner insists on taking advantage of you. A hot-headed fool will be leaving you alone soon. A woman regrets making a hasty wisecrack.

## TAURUS

APRIL 21-MAY 21



Work on developing your strength of spirit. Nothing makes sense when a prize is beyond your reach. Anxiety over a confrontation causes a failure.

## SCORPIO

OCT 24-NOV 22



An alliance with creative types will increase your income. Someone's distress can be reduced. A voice from the past repairs a broken heart.

## GEMINI

MAY 22-JUNE 21



An urgent situation means that stupidity is rampant. A stylish person has a complicated finale. A forecaster has some hidden knowledge.

## SAGITTARIUS

NOV 23-DEC 21



Be amused when faced with a difficult decision. Trust an elder when differences are patched up. A love affair fills you with excitement.

## CANCER

JUNE 22-JULY 22



Watch out for siblings in distress. The meaning of sentimental drivel is revealed. Dedicate yourself to initiating a wise discussion.

## CAPRICORN

DEC 22-JAN 20



Someone is ready to rethink a situation. You'll feel better after persevering with your original plan. Don't clash with a funny man.

## LEO

JULY 23-AUG 23



A good-for-nothing visitor's loneliness will fade away. Issues with a mother are about to cause a hurried departure. Take your time to plan strategy.

## AQUARIUS

JAN 21-FEB 18



Grit your teeth when a stingy guy makes you irritable. Date a friend for a chance at love. An insomniac will make you feel guilty.

## VIRGO

AUG 24-SEPT 22



Someone is very upset about a shock. Travel delays must be taken into account. Forget about dealing with inconsiderate people.

## PISCES

FEB 19-MARCH 20



Don't get flustered when someone celebrates good news. You'll have a disturbing impact by making a decision. A confident speech saves the day.

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BY TRICKY RICKY KANE

1. Everyone writes fast and illegibly (1)

2. Outscore Miami's NBA team (1)

3. Dirt-free headmaster (1)

4. Mallard-filled Mack vehicle (1)

5. Lessening the amount of "Ah-choo!"-ing (2)

6. In-shape-ness observer (2)

7. 4, 5, or 6 golf club on a football field (3)

ANSWERS  
1. ALL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK  
5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON

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